MOVEMENT
by David

BEGINNER - INTERMEDIATE

4 WEEKS TO TOTAL SHOULDER MOBILITY

David Thurin

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ABOUT ME

Let me introduce myself; I'm David Thurin, your new flexibility coach. I'm based near Los Angeles, California, and I didn't start practicing flexibility till I was in my 20s!

I am a comprehensively certified Pilates instructor. I taught for years where I loved 1 on 1 coaching, but instead of Pilates, I now focus on flexibility. The rest is history.

I have over 2 million followers across all major social media platforms, allowing me to spread the word on health and wellness to help individuals like yourself live fuller lives.

My mission is simple. I want to change the fitness industry for the better. I want to inspire people to get up and be active with every post and piece of content I put into the world. I believe people should move and be active not because it's expected of them but because it makes them feel good.

Discovering the world of mobility and flexibility changed my life. It allowed me to feel confident within my environment and has given me control over my own body.

I hope to continue educating and entertaining people worldwide through science and evidence-based content so you, too, can live the Flexy lifestyle.

-David

WHAT'S IN IT FOR YOU?

If this is your first e-book from me, welcome! I'm glad you're here. These effective routines are going to take shockingly little amounts of time to complete. The cool thing is you don't need much time to build mobility! You just need to know what you're doing.

By the end of this program you will gain the following:

- Greater shoulder mobility
- Improved posture
- Healthier shoulder joints
- Reduced risk of injury or pain

Over the span of these next 4 weeks, you should see a significant increase in your shoulder mobility and flexibility. My favorite part about gaining shoulder mobility is how usable it is in everyday life. Even something as simple as climbing down a ladder can be very different.

Imagine comfortably walking down a ladder backward with your arms behind you. Wow. Another benefit of shoulder mobility is posture! By working on shoulder mobility, you will stretch your chest, lats, and traps. These are all postural muscles that affect the way you hold your body upright. Can't wait for you to get started!

Stay Flexy!

WARM UP

It's important for your body to be warmed up (literally warm) before stretching. This helps your muscles get ready to stretch by increasing circulation and minimizing the chance of injury or strain.

Stretching after a workout is great because your muscles are already warmed up. But if you're stretching at a different time or feeling a little stiff, do one or both of the the following to warm up:

Dynamic stretches, 2 sets of 10-15 reps of the following:

- Arm circles
- Push ups (can do it against a wall or on your knees)
- 5 minutes of moderate cardio (brisk walk)
- Jogging in place

SCHEDULE 1: WEEK 1

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
Crossbody arm swings	1	20	N/A	Dynamic Passive	Lean upper body forward and quickly "flap" your arms by hugging your self then open out as wide as possible.
Chair Dips	1	10	N/A	Dynamic Active	you feel a slight stretch through the chest and shoulders. Then straighten the elbows.
Dip Hold	2	N/A	30 seconds	Static Active	Hold the bottom range of a dip. Using the muscles to actively "push"
Box Shoulder Stretch	2	N/A	30 seconds	Static Passive	Place hands on a chair or a counter and sink the chest as deep down as possible.

DAY 2

Movement	Sets	Reps	Time	Type	Notes
Arm Circles	1	20	N/A	Dynamic Passive	Large slow circles, reach find your end ranges
Chest Pulses	1	20	N/A	Dynamic Active	Arms spread out to the side, thumbs pointed BACK, palms facing up. Pulse the thumbs back and forth.
behind-the-back biceps stretch	2	N/A	30 seconds	Static Active	Clasp your hands behind your back. (Or grab a towel between the hands) and lift up behind you as high as possible and hold.
Door Frame Chest Stretch	2	N/A	30 seconds	Static Passive	Place your hands and elbows on opposing sides of a door frame. Step through to stretch the chest.

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Crossbody arm swings	1	20	N/A	Dynamic Passive	Lean upper body forward and quickly "flap" your arms by hugging your self then open out as wide as possible.
Chair Dips	1	10	N/A	Dynamic Active	you feel a slight stretch through the chest and shoulders. Then straighten the elbows.
Dip Hold	2	N/A	30 seconds	Static Active	Hold the bottom range of a dip. Using the muscles to actively "push"
Box Shoulder Stretch	2	N/A	30 seconds	Static Passive	Place hands on a chair or a counter and sink the chest as deep down as possible.

SCHEDULE 1: WEEK 2

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
Arm Circles	1	20	N/A	Dynamic Passive	Large slow circles, reach find your end ranges
Chest Pulses	1	20	N/A	Dynamic Active	Arms spread out to the side, thumbs pointed BACK, palms facing up. Pulse the thumbs back and forth.
behind-the-back biceps stretch	2	N/A	30 Seconds	Static Active	Clasp your hands behind your back. (Or grab a towel between the hands) and lift up behind you as high as possible and hold.
Door Frame Chest Stretch	2	N/A	30 seconds	Static Passive	Place your hands and elbows on opposing sides of a door frame. Step through to stretch the chest.

DAY 2

Movement	Sets	Reps	Time	Type	Notes
Crossbody arm swings	1	20	N/A	Dynamic Passive	Lean upper body forward and quickly "flap" your arms by hugging your self then open out as wide as possible.
Shoulder Dislocations	1	10	N/A	Dynamic Active	Slow reps! Spend a bit of time in the uncomfortable parts.
Loaded Lat stretch	2	N/A	30 seconds	Static Active	Really PUSH away from the stretch as you sink into it. Activate those lats!
Bicep Stretch	2	N/A	30 seconds	Static Passive	If you experience ANY elbow pain, please keep the elbows bent.

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Arm Circles	1	20	N/A	Dynamic Passive	Large slow circles, reach find your end ranges
Chest Pulses	1	20	N/A	Dynamic Active	Arms spread out to the side, thumbs pointed BACK, palms facing up. Pulse the thumbs back and forth.
behind-the-back biceps stretch	2	N/A	30 seconds	Static Active	Clasp your hands behind your back. (Or grab a towel between the hands) and lift up behind you as high as possible and hold.
Door Frame Chest Stretch	2	N/A	30 seconds	Static Passive	Place your hands and elbows on opposing sides of a door frame. Step through to stretch the chest.

SCHEDULE 1: WEEK 3

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
Crossbody arm swings	1	20	N/A	Dynamic Passive	Lean upper body forward and quickly "flap" your arms by hugging your self then open out as wide as possible.
Shoulder Dislocations	1	10	N/A	Dynamic Active	You're not actually dislocating your shoulder! Hold a broom much wider than shoulder width and use it to stretch the arms all the way behind you.
Loaded Lat Stretch	2	N/A	30 seconds	Static Active	Really PUSH away from the stretch as you sink into it. Activate those lats!
Bicep Stretch	2	N/A	30 seconds	Static Passive	Place hands behind you on a counter or chair and slowly stretch away to feel the shoulders and biceps.

DAY 2

Movement	Sets	Reps	Time	Type	Notes
Chest Pulses	1	20	N/A	Dynamic Active	Arms spread out to the side, thumbs pointed BACK, palms facing up. Pulse the thumbs back and forth.
Cherry Pickers	1	20	N/A	Dynamic Active	Reach as high as humanly possible through one side at a time.
Side Stretch	2	N/A	30 seconds	Static Active	Use a pole to "pull" the arm further.
Broomstick chest opener	2	N/A	30 seconds	Static Passive	You may also use a towel since this is a difficult movement. Just try to get your arms straight.

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Crossbody arm swings	1	20	N/A	Dynamic Passive	Lean upper body forward and quickly "flap" your arms by hugging your self then open out as wide as possible.
Shoulder Dislocations	1	10	N/A	Dynamic Active	You're not actually dislocating your shoulder! Hold a broom much wider than shoulder width and use it to stretch the arms all the way behind you.
Loaded Lat Stretch	2	N/A	30 seconds	Static Active	Really PUSH away from the stretch as you sink into it. Activate those lats!
Bicep Stretch	2	N/A	30 seconds	Static Passive	Place hands behind you on a counter or chair and slowly stretch away to feel the shoulders and biceps.

SCHEDULE 1: WEEK 4

MOBILITY PROGRAM

DAY 1

Movement	Sets	Reps	Time	Type	Notes
Chest Pulses	1	20	N/A	Dynamic Active	Arms spread out to the side, thumbs pointed BACK, palms facing up. Pulse the thumbs back and forth.
Cherry Pickers	1	20	N/A	Dynamic Active	Reach as high as humanly possible through one side at a time.
Side Stretch	2	N/A	30 seconds	Static Active	Use a pole to "pull" the arm further.
Broomstick chest opener	2	N/A	30 seconds	Static Passive	You may also use a towel since this is a difficult movement. Just try to get your arms straight.

DAY 2

Movement	Sets	Reps	Time	Type	Notes
Crossbody arm swings	1	20	N/A	Dynamic Passive	Lean upper body forward and quickly "flap" your arms by hugging your self then open out as wide as possible.
Chair Dips	1	10	N/A	Dynamic Active	you feel a slight stretch through the chest and shoulders. Then straighten the elbows.
Dip Hold	2	N/A	30 seconds	Static Active	Hold the bottom range of a dip. Using the muscles to actively "push"
Lat Stretch	2	N/A	30 seconds	Static Passive	Place hands on a chair or a counter and sink the chest as deep down as possible.

DAY 3

Movement	Sets	Reps	Time	Type	Notes
Chest Pulses	1	20	N/A	Dynamic Active	Arms spread out to the side, thumbs pointed BACK, palms facing up. Pulse the thumbs back and forth.
Cherry Pickers	1	20	N/A	Dynamic Active	Reach as high as humanly possible through one side at a time.
Side Stretch	2	N/A	30 seconds	Static Active	Use a pole to "pull" the arm further.
Broomstick chest opener	2	N/A	30 seconds	Static Passive	You may also use a towel since this is a difficult movement. Just try to get your arms straight.

COMMENTS FROM DAVID

Congratulations - you're at the end of the guide! Your shoulders should be feeling great! Shoulder mobility is important because it increases your range of motion, reduces tension, and prevents injury. We use our shoulders for just about every task from writing a note to driving a car. Flexibility and mobility are necessary to keep our muscles healthy.

However, the most important thing is doing something positive for yourself.

Thank you for taking the time to complete this guide and for trusting me to be your flexibility expert! The support you have shown me means the world.

Stay Flexy!

-David

FAQs

1. **What does static, dynamic, active and passive stretching mean?**

   Static and Dynamic refers to whether or not there is movement in the stretch. Dynamic means movement and Static means there is no movement. Passive and Active refers to whether or not the muscle being stretched is flexed or not! Passive means you relax the muscle as much as possible. And Active means you flex it as much as you can do safely!

2. **Should the movements feel uncomfortable?**

   These movement will sometimes feel uncomfortable especially if you have limited mobility, but it should never be painful. It's good to push yourself but you never want to feel pain.

3. **Is the warm up necessary?**

   It’s not the end of the world if you do not warm up. BUT having a warm up first will give you the LOWEST possible chance of injury and increase the effectiveness of each session.

4. **Should I stretch if I'm sore?**

   Yes! The soreness will not affect the session. For some, stretching even helps with delayed onset muscle soreness. Be sure to warm up properly and not push yourself too hard if you are feeling very sore.

5. **Can I do this before a workout?**

   Preferably not - because this stretching routine is a bit comprehensive it is meant to be performed on its own or after a workout. Overstretching before a workout can decrease the effectiveness of the workout!

FAQs

6. What if I miss a day?

That's totally okay! I did not assign specific days for this reason. As long as you fit in the 3 days of stretching into a week, theres no problem with what days you choose. The most important component is consistency. Even if you do miss a entire day out of the week, just keep going into the next!

7. Do I stop the program after the 4 weeks?

Definitely not! Your first flexibility gains are mostly neural. That means your brain is finding out that it’s safe to explore those deep ranges of motion. So you can lose those gains as fast as your made them! It take a while before they start to stick.

If you have any questions feel free to send them my way: **David@stayflexy.co**

Click here!

DISCLAIMER

David Thurin is not a doctor or registered dietitian. The contents of this document should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem - nor is it intended to replace the advice of a physician. Always consult your physician or qualified health professional on any matters regarding your health. Use of the information in this program is strictly at your own risk. David Thurin and/or MBD will not assume any liability for any direct or indirect losses or damages that may result including, but not limited to, economic loss, injury, illness or death.

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